



Cognitive

Your baby...

Is learning about everything.

Realises they are a separate person and have their own feelings.

Is starting to understand that a person or object still exists even if they can't see it.

Enjoys looking at books that have different textures.

You can support your baby by...

Talking to them about what they see.

Naming their feelings (such as happy, tired, sad).

Pointing to where they have dropped things and name them (such as "the rattle is on the floor").

Showing them books with different textures

Spending short periods of time each day looking at books with them.



Communication

Your baby...

May try to copy you.

Makes babbling sounds like real words.

May start to say "ma-ma", "da-da".

Uses different sounds to express happiness and frustration.

You can support your baby by...

Encouraging them to make sounds.

Showing enjoyment at them speaking.

Naming objects and actions repeatedly, singing songs and saying nursery rhymes.

Naming their different sounds (for example, "ahh, you are happy").



6-9 months

Partnership with Parents™

Birth to 2 years™



Some ways to support your 6-9 month old baby's development



Barnardos



Feeding and sleeping

Your baby...

Sleeps 10-to-12 hours at night and has one or two naps during the day, each about two-to-three hours.

Starts eating thin liquid purees, progresses to thicker purees and mashed food, and then moves on to food with lumps.

You can support your baby by...

Supporting them to sleep in their own room.

Having a bedtime routine at night to support sleep.

Encouraging them when they are trying out new foods.

Encouraging them to start drinking from a cup.



Social and emotional

Your baby...

Prefers being with you and primary care givers.

Will be shy around strangers from about 9 months.

May show fear of things like baths.

Is learning about their feelings.

You can support your baby by...

Continuing to respond to their needs.

Being aware they may not want to be held by strangers.

Talking them through an activity they are scared of and comforting them.

Responding to them and naming their feelings (for example, when they are hungry, responding "you're hungry, let's get you some food").



Physical

Your baby...

Enjoys putting their feet in their mouth. Continues to put objects in their mouth.

Starts trying to move when on their tummy.

Rolls over from front to back and back to front.

Sits up unsupported for short periods.

From about eight or nine months they can sit without support.

Shakes objects and moves them from one hand to another.

Enjoys banging objects together.

Is able to see small objects and their focus continues to improve.

You can support your baby by...

Providing toys that are large enough for them to play with but are too big to swallow.

Providing time for them to play on the floor and try moving.

Placing cushions around them and being near when they are practising sitting up.

Providing a variety of objects for them to play with.

Pointing to and naming objects they are looking at. They will still enjoy looking at your face and playing 'peek-a-boo'.